**My Action Plan for Weight Loss**

During the next three weeks,

I will:

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Importance: \_\_\_\_\_\_\_\_\_\_\_ Confidence \_\_\_\_\_\_\_\_\_\_\_

I will:

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Importance: \_\_\_\_\_\_\_\_\_\_\_ Confidence \_\_\_\_\_\_\_\_\_\_\_

If you have any questions, you can contact behavioral health (Phone: ) and ask for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Follow up appointment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Weight Loss:***

Action Plan



***What should I know about losing weight and being healthier?***

**B**eing overweight or obese increases your risk of getting diabetes, heart disease, other medical problems, and having a shorter lifespan.

**Start simple!** Most people make the mistake of trying to do too much too soon and then set themselves up for failure.

Here are the first steps to follow:

1. Track, track, track!
* Tracking what you eat, when, and why can help build awareness of the quantity and type of foods you eat.
* Apps like MyFitnessPal can help you track.
1. Plan ahead!
* Spend time planning and prepping for healthy meals for the week.
* Take healthy snacks with you so you’re less tempted to eat out or grab a quick, unhealthy alternative.
1. Check in with your hunger cues.
* Are you eating just because it’s a certain time, or out of boredom or stress?
1. Drink water
* Your body does not know the difference between hunger and thirst – drinking plenty of water can help you stay hydrated and prevent your body for mistaking thirst for hunger

**Here are some other tips to keep in mind that will help you start the process of getting healthier.**

1. Develop a list of reasons for losing weight and getting healthier. Keep them in a place you see often.
2. Understand your barriers to making changes. What has stopped you in the past? What has helped you in the past?
3. Talk to a behavioral health provider to help you identify triggers and better understand your relationship to food.
* Everyone has a relationship to food. What is yours? How do you use food to help you in life?
1. Reduce and manage stress
* Replacing food as a coping mechanism with other skills can be very helpful.
1. Recruit a buddy. Having someone helping you can increase support and accountability.
2. Engage in more mindful eating
* Are you physiologically hungry or psychologically hungry?
* Slow down with your food, really experience the act of eating with regard to the 5 senses
1. Balanced thinking
* Don’t get discouraged if you have “slips.” This is not a diet, it’s a lifestyle change.
* Be aware of your “all-or-nothing” thinking and how it impacts your efforts to become healthier.
1. You might want to consider learning healthy eating by consulting with a nutritionist, attending healthy eating workshops, etc.